

# Women and Asthma

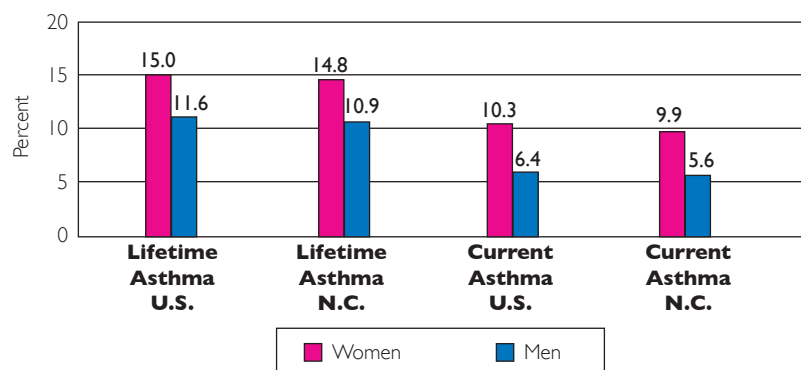
## IN NORTH CAROLINA

**Women are disproportionately affected by asthma.** In the United States, about 15.0% (approx. 17,800,000) of female adults reported having had a diagnosis of asthma (lifetime asthma), compared to 11.6% (approx. 13,100,000) of male adults in 2009.<sup>1</sup> Among U.S. adults, 10.3% (approx. 12,300,000) of women, compared to 6.4% (approx. 7,200,000) of men still currently have asthma (current asthma).<sup>1</sup> These gender differences are also noticeable in North Carolina.

- In North Carolina, 14.8% (approx. 539,000) of women, compared with only 10.9% (approx. 370,000) of men, have ever had asthma.<sup>1</sup>
- In North Carolina, 9.9% (approx. 358,000) of women, compared with only 5.5% (approx. 189,000) of men, still currently have asthma.<sup>1</sup>



**Adults with Lifetime and Current Asthma, by Gender, United States and N.C., 2009**



## N.C. women have significantly higher rates of hospitalization due to asthma than men.

In 2009, the rate was 143.1 per 100,000 population, compared to 90.9 per 100,000 for men.<sup>2</sup>

- Between 2000 and 2009, asthma caused more than 1,000 deaths in North Carolina. **More than twice as many of those deaths occurred among adult women than in men.**<sup>3</sup>
- In 2009, there were 56 deaths due to asthma among females versus 38 for males, resulting in an age-adjusted death rate that was about **23% greater.**<sup>3</sup>

<sup>1</sup> Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. National Center for Chronic Disease Prevention & Health (2009) ([www.cdc.gov/asthma/brfss/default.htm#09](http://www.cdc.gov/asthma/brfss/default.htm#09)). Accessed July 11, 2011.

<sup>2</sup> North Carolina State Center for Health Statistics, provisional asthma hospitalization data, 2009.

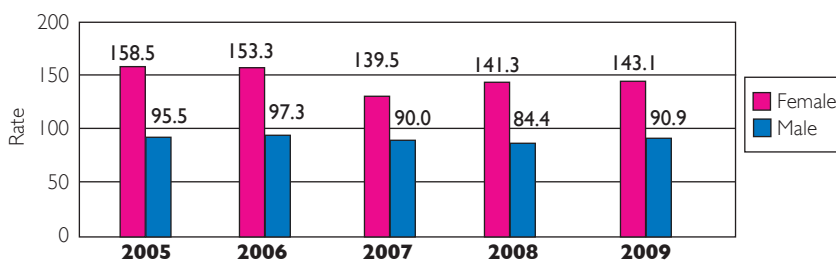
<sup>3</sup> North Carolina State Center for Health Statistics, asthma mortality data, 2009.

<sup>4</sup> Asthma Fact Sheet. ([www.betterasthmacare.org/files/AsthmaFactSheet\\_V5\\_102909.pdf](http://www.betterasthmacare.org/files/AsthmaFactSheet_V5_102909.pdf)). Accessed December 21, 2009.

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For more information, please visit the NC Asthma Program's website at **[www.asthma.ncdhhs.gov](http://www.asthma.ncdhhs.gov)** or call the Asthma Program at **(919) 707-5213** for additional assistance.

## Hospitalizations Due to Asthma, by Gender, All Ages, N.C., 2005-2009



State Center for Health Statistics, N.C., 2005-2009.

## Ten key tips to controlling and managing asthma<sup>4</sup>

1. Visit your doctor every six months, even if you think your asthma is under control.
2. Be sure to use your asthma medicines correctly.
3. Always use a holding chamber (or spacer) with your metered dose inhaler.
4. Make sure you always have access to your asthma medicines.
5. Get a written asthma action plan from your doctor. Make sure you understand it and have it updated at least every year.
6. Know what triggers your asthma and how to avoid conditions that may trigger an attack.
7. Ask your doctor about tests to determine if you have allergies to specific triggers.
8. Avoid exposure to tobacco smoke.
9. Ask your doctor about testing your lung function (spirometry) at least every 1-2 years.
10. Be sure you get a flu shot every year (available in the fall).



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